

News Briefs

Tax center opens

The base tax center, located in building 129, opens Monday for E1-E4 personnel, and opens for all other Team Eifel members Feb. 6. Schedule an appointment for Tuesdays and Thursdays from 8 a.m. to 4 p.m., or use the walk-in service Mondays and Wednesdays from 8 a.m. to 4 p.m. The center is also open Fridays in the morning for 1040EZ and 1040A customers only, and is closed Friday afternoon. To schedule an appointment or for more information, call the tax center at 452-1040.

52nd OSS civilian retires

Mr. John H. Bradley, 52nd Operations Support Squadron flight operations specialist retires today after 46 years of service. He enlisted in the Air Force in 1959, serving for 23 years and retiring with the rank of Master Sergeant at Bitburg Air Base in December 1981.

He began work as a GS-9 for the Department of Defense, U.S. Air Force at Bitburg AB in June 1982. He served in this position until the closure of Bitburg AB in September 1995. After the closure, he worked with the 52nd Services Squadron as office manager at Eifel Youth Programs East. He assumed his current position in May 1997.



Mr. John Bradley

USAFE consolidates computer help

Starting Wednesday, people should contact the USAFE Consolidated Help Desk at DSN 478-4357 (HELP) for all their computer and network problems. For password resets, the CHD requires physical verification, and members will need to visit their assigned client system administrators to confirm identification.

RESCON Watch

BRAVO

1-2 DUIs in the Last 30 Days

Days since last DUI: **5**

Rank of last DUI: airman first class
Squadron of last DUI: 606th ACS

Large unit with best record: 52nd Communications Squadron, 384 days
Small units with best record: 52nd Medical Support Squadron, 52nd Dental Squadron and 52nd Contracting Squadron: No DUIs
Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

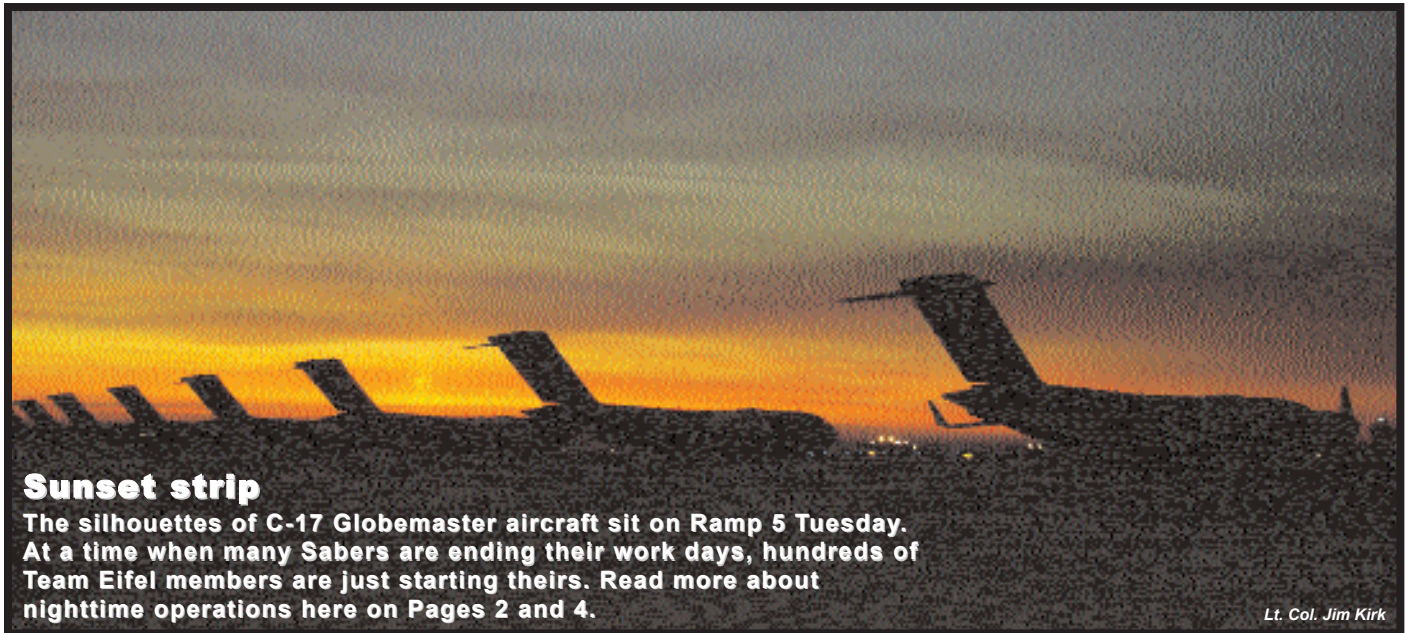


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Spangdahlem Air Base, Germany

www.spangdahlem.af.mil

Jan. 27, 2006



Sunset strip

The silhouettes of C-17 Globemaster aircraft sit on Ramp 5 Tuesday. At a time when many Sabers are ending their work days, hundreds of Team Eifel members are just starting theirs. Read more about nighttime operations here on Pages 2 and 4.

Lt. Col. Jim Kirk

LEAD Program seeks Airmen for U.S. Air Force Academy

RAMSTEIN AIR BASE, Germany (USAFENS) -- The Air Force is looking for outstanding enlisted Airmen with leadership potential to fill appointments to the U.S. Air Force Academy.

There are 135 slots available each year through the Leaders Encouraging Airmen Development Program. The deadline for completing the initial application is Feb. 15 for entry into the fall 2006 class. The LEAD Program is an ongoing Air Force effort to provide its brightest Airmen the opportunity to excel by offering them appointments to the academy in Colorado Springs, Colorado.

The LEAD program delegates authority to unit and wing commanders to nominate highly qualified Airmen to attend the Prep School with the intention of an academy appointment to follow. Fifty slots are reserved at the Prep School for Airmen who meet entry criteria. Airmen must be a U.S. citizen or be able to obtain citizenship before entry into the academy the following year, be unmarried and have no dependents, must not have passed their 22nd birthday by July 1 of the entry year, be of high moral character and have less than six years

Special from USAFE



of service. There are also 85 slots available for active duty Airmen for direct entry into the academy. Those Airmen must be no older than 23 on July 1 of the year entering the academy.

The initial application -- AF Form 1786 -- requires the Airman's personal information, immediate commander's endorsement (no lower than squadron commander or equivalent), and Military Personnel Flight (MPF) Assignments coordination.

The completed form must reach the Air Force Academy Admissions Office no later than Feb. 15 of the entry year. Once an application has been processed, Airmen will be notified by the admissions office concerning additional requirements such as the physical aptitude exam, an extensive medical evaluation, completion of an interview with an Admissions Liaison Officer, completion of the writing sample, and attainment of qualifying scores on the Scholastic Aptitude Test or the American College Test.

For more information, contact your local Education Services Center.

Security forces transformation: More than meets the eye

By Senior Airman J.G. Buzanowski
Air Force Print News

WASHINGTON -- As the Air Force continues to adapt for the future, changes to the security forces career field will affect the total force.

Brig. Gen. Robert Holmes, director of security forces and force protection, calls these transformations a "refocus" on how his people train and fight.

"We're not in the Cold War anymore; we have to alter our mentality and our practices for today's reality," the general said. "Because of the nature of the threat, our Airmen are fighting the global war on terror on the front lines, and we owe it to them to provide training, equipment and resources to be effective."

Security forces Airmen will focus on preparing for their warfighting mission at forward locations, as well as security at a fixed installation, General Holmes said.

As an example, he cited an Air Force Task Force that operated around Balad Air Base, Iraq,

for two months last year. The unit patrolled the local towns and found weapons caches as well as individuals who posed a threat to the base.

"Our Airmen are going 'outside the wire' to conduct missions and are proving successful in keeping people safe," Gen. Holmes said. "Not only for the folks stationed at the base, but people who live and work in the local area as well. This is very important in the present war on terror."

Security forces Airmen must learn counter-insurgency techniques, and in doing so they'll operate more effectively in joint operations, said Maj. Gen. Norman Seip, assistant deputy chief of staff for air and space operations.

"We need to be prepared for a full spectrum of threats against an airfield," General Seip said. "That means taking more responsibility for defense of our mission, so our sister services can concentrate on their own tasks. We need to understand how they operate, so we're working closely with the Army to identify additional ways to train our Airmen."

While security forces will focus more on their warfighting competencies, Air Force leaders are reviewing several options for installation protection duties like entry control at home stations. Plans call for more Department of Defense civilians, greater affiliation with Guard and Reserve and better use of technologies, General Holmes said.

The changes to the security forces career field will present the opportunity for other Airman to participate in installation security. While that doesn't necessarily mean everyone will have a rotation checking identification cards at a gate, it does mean more comprehensive training, awareness and capability to respond and participate, he said.

"Will every Airman be a cop? No. But every Airman will be a warrior," General Holmes said. "Every Airman needs to be trained in basic force protection skills and must be prepared to defend an air base and themselves in the event of an attack. This means more than just qualifying with a weapon. We

want Airmen to be comfortable with their duty weapon and to develop their shooting skills."

While definitive plans have not been finalized, General Holmes also said one of the transformation goals is bringing security forces Airmen back in step with standard Air Force 120-day deployments.

"Right now our folks are going out for 179-day rotations," he said. "Our Airmen need time to reconstitute and train, so it's important to get them in line with the rest of the Air Force. We aim to do just that."

Overall, General Holmes said the changes would make security forces Airmen more effective and relevant to Air Force needs in the face of the current changing nature of warfare.

"We want to make our Airmen more proficient, and to do that, we need to adapt," Gen. Holmes said. "We're going to change our training, our tactics and our procedures and the Air Force will be better for it."

Night shift

SF Airmen keep up ops tempo long after sundown

Story and photos by
Senior Airman Amaani Lyle
52nd Fighter Wing Public Affairs Office

Things are uncommonly quiet around here on a Monday night. But the calm is likely a welcome relief for the wing's twilight guardians -- the 52nd Security Forces Squadron members who work every other weekend and are well acquainted with 12-hour-plus graveyard shifts.

The responsibility to protect people and aircraft, arguably the Air Force's two greatest assets, can be even trickier on night patrol, when inclement weather, limited visibility and higher incident rates become factors.

"This is a non-stop operation," said Master Sgt. Clay Christiansen, 52nd SFS on-duty flight chief. "Around the clock, we have security forces members in vehicles and on foot patrolling the base's perimeter, hardened aircraft shelters, and housing and dormitory units."

Perhaps the "pulse" of the squadron is the highly secured law enforcement desk, where even Sergeant Christiansen, upon knocking, must officially announce himself to the troops behind the heavy steel door.

"This is basically our own command post," said Senior Airman Tony Beitzel, 52nd SFS LE desk controller. "We get phone calls that can be about anything from noise complaints to domestic violence complaints to drunk driving citations."

Sergeant Christiansen added that even the most routine situation can quickly escalate, so the 52nd SFS members' adherence to professionalism and procedure is critical.

"We train our people to practice situational awareness through frequent exercise scenarios, rules of engagement refreshers and familiarity with dozens of quality review checklists," Sergeant Christiansen said.

"We need to know how to quickly reference operating instructions and also how to prioritize and respond to the numerous situations that may not be outlined," said Airman 1st Class Brett Poe, 52nd SFS controller-in-training.

Airman Poe is one of only eight 52nd SFS troops to undergo the rigorous training and battery of oral and written tests required to qualify for the specialized duty of LE desk operator.

"If you're selected to work at the control center, you're probably pretty familiar with host nation law, the Uniform Code of Military Justice, various weapons tests, and practical training in aggravated assault aversion," said Airman Beitzel. "For Airman Poe to only be an A1C here means he's proven himself, and we really have great confidence in his ability."

Candid cameras

In a small sunken room within the control center sits Senior Airman Alex Jimenez, 52nd



Senior Airman Tony Beitzel, 52nd SFS controller, answers a law enforcement desk call during his shift Tuesday morning. Airman Beitzel said the hardest part of his job is "trying to get errands done during the day." "During the day, you can decide to sleep or actually take care of business." He added that a big part of his job involves "serious multi-tasking."

SFS monitoring system operator. Airman Jimenez said he and his colleagues have welcomed the challenge of adding "heavies" to the millions of dollars worth of aircraft they already stand sentry over during their shifts.

The high-tech cameras and monitors he single-handedly controls from this remote site can zoom and illuminate with such clarity that even a traffic signal in Herford can't escape the lens' sight.

"I'm a night person anyway, so watching over the flightline this time of night keeps me busy," Airman Jimenez said. "Not only do we get lots of training here, but I was stationed at

(Royal Air Force) Mildenhall (Air Base, England) before, so I'm used to working with 'big birds' like the aircraft that pass through on the 726th (Air Mobility Squadron) ramp."

Airman's best friend?

It stands to reason that "big birds" among the wing's other assets would be protected by big dogs -- military working dogs, that is.

Staff Sgt. Cleophus Gallon, 52nd SFS military working dog handler, had about two weeks to "bond" with his four-legged partner, two-year old Artus, a German Shepherd that Sergeant Gallon described as "excited like a new Airman out of tech school."

It was hard to tell who was leading who on this routine dormitory inspection, where narcotics and explosives were Artus' targets.

"He's so used to being in training, where there was all sorts of stuff for him to find and that keeps him motivated during real-world situations," said Sergeant Gallon as the lively but leashed canine dashed, darted and sniffed through hallways and common areas.

Sergeant Gallon said the MWDs go through longer-term training prior to meeting their handlers, and many of the dogs even deploy with them. Sniffing out trouble here or down-range is all in a day's work for Artus.

First impressions

As Artus continued his patrol with Sergeant Gallon, two security forces troops braved bone-stinging temperatures to conduct installation access control at the wing's main gate.

When Sergeant Christiansen emerged from his cruiser and approached Airman 1st Class Chad Roberts, the scene became reminiscent of the chow hall runner's duty in basic military training.

"Sir, Airman Roberts reports as ordered," the Airman offered the NCO.

While standing just outside the threshold of the front gate sign-in room and shelter, the 52nd SFS installation entry controller rattled off with relative ease the post report, a brief but comprehensive update of everything from road conditions to force protection levels and more for Sergeant Christiansen. Airman Roberts did not so much as flub a word during the report to his superior.

It was apparent that he was prepared to face any master sergeant or higher rank in his chain of command who could demand, without warning, such a report from a gate guard.

Once inside, the most noticeable aspect of the toasty guardpost shelter was the absence of aids to fight fatigue, hunger or sheer boredom. There was no visible food, no magazines, no hand-held games or any respite to make the 12-hour shift elapse more quickly. The room is fairly stark save for a couple of phones, illuminated controls and a sign-in sheet for people

without Department of Defense identification cards.

So what to do for 12 hours? Airman Roberts said the main element of his job is installation access control, where his most frequently-used weapon is employed: a one-pound device known as the Installation Access Control System, which captures information from the current DoD ID card as well as from the new Common Access Card. Since the wee hours of weekday mornings don't typically bring a throng of base visitors, Airman Roberts said he studies upgrade training materials to keep abreast of the massive amount of information that even junior troops must quickly comprehend.

"There is so much information that our people need to know, especially at the front gate, because that is really the first impression that almost every newcomer has of the base," Sergeant Christiansen said. "There could be anyone from dignitaries to someone who simply has questions about the base, and the folks at the gate need to know what they're talking about."

To further verify readiness and competency, Sergeant Christiansen explained that every flight has a roll call, where continuity briefings are given and troops can be seen up close to ensure they are

fully fit to work that day. "I can make sure that they're physically and emotionally ready for duty that day and conduct roll call training," Sergeant Christiansen said. One thing Airman Roberts doesn't lack in the guard gate shelter is company. A partner with a good attitude and pleasant sense of humor can make the shift not seem so long.

"If we ever get bored, the 52nd SFS has the solution to that -- exercises," said a chuckling Helmut Naumann, 52nd SFS German civilian service unit ZP-3 and interpreter. Whether physical training or scenario, Sergeant Christiansen said he won't hesitate to visit a troop and engage them in one form or another of exercise.

In addition to roll call, Sergeant Christiansen said he makes at least one visit per shift to his troops posted around base to help him get more familiar with his team. "It really improves morale when the leaders come to see me during my shift," Airman Roberts said. "It shows they have concern for the job I'm doing out here."

Sergeant Christiansen agreed. "Visiting my people during their shifts is a great way for me to get into their lives and for them to get into mine -- and I love every minute of it," the NCO said.



Artus, 52nd SFS military working dog, poses for a picture while playing around with his handler, Staff Sgt. Cleophus Gallon, 52nd SFS, Tuesday morning. This is Artus' first genuine inspection after his training.



Airman 1st Class Chad Roberts, 52nd SFS gate installation access controller, rattles off a post report to Master Sgt. Clay Christiansen, 52nd SFS on-duty flight sergeant.



Courtesy photo

Top Saber Performer

Name: Tech. Sgt. Greg Snare
Unit: 38th Munitions Maintenance Group
Duty title: Policy and Procedures Standardization NCOIC
Hometown: Huntingdon, Pa.
Years in Service: 18
Nominee's contributions to 52nd FW mission success: Sergeant Snare provides extensive oversight, training and direction to four geographically separated munitions support squadrons. In October, he coordinated a comprehensive "Standardization Crosstell" meeting at Buechel AB, bringing more than 60

group members together to share and apply 49 best practices. In addition, he served as project officer during an assistance visit at Ghedi Air Base, Italy, which provided senior leadership a detailed assessment of mission readiness. **Off-duty volunteerism and professional development pursuits:** He is a member of the Eifel Singers; choir director and Eifel Baptist Church Sunday School teacher.

What's a fun thing you've done lately? My family and I went on vacation in Garmisch, which is our favorite place in Germany.

What do you like most about being stationed here? Traveling and seeing the history that is associated with Germany, especially the castles.

What's one thing you'd like to see changed or improved at Spangdahlem AB? I would like to participate in a program that would allow members to visit other work sections for a day. I believe it's easy for us to take people for granted and not truly appreciate what they do.

Commander's Mentorship Program



Senior Airman Amaani Lyle

Capt. Charles Hornback, right, 52nd Medical Operations Squadron clinical nurse, chats with Col. Dave Goldfein, 52nd Fighter Wing commander, as part of the Commander's Mentorship Program last month. A Louisville, Ky., native with 10 years of enlisted service and nearly 10 years commissioned duty, Capt. Hornback cited his deployments to Operation Iraqi Freedom and Operation Enduring Freedom as major accomplishments.

Eifel Salutes

52nd Mission Support Group

Hail to the chief ... Chief Master Sgt. Ron Kruse, that is. Chief Kruse was promoted and recognized at the 376th Air Expeditionary Wing ceremony Jan. 1. The 52nd Civil Engineer Squadron's Chief Roger Austin and Capt. Mike Zuhlsdorf tacked on his stripe down-range!

38th Munitions Maintenance Group

A shoe in for a salute is Staff Sgt. Shubert Mendez, who manages all aspects of the initial training program with emergency action tests and ensured that the Kleine Brogel Command Post in Belgium was ready to implement the new USAFE procedures while preparing for a staff assistance visit. Too cool for the room is Staff Sgt. Tooru Thompson, the expert in all aspects of food service. In addition to ordering, receiving and accounting for more than \$84,000 in subsistence orders, Sergeant Thompson is also one of the best cooks in the field.

52nd Operations Group

Lighting the way is Master Sgt. Mike Bradford and Airman Sergio Nixon during their participation and support at the Chief's Induction Ceremony Saturday. Their professionalism was evident in a candle lighting ceremony honoring enlisted heritage. Airman Nixon was also recognized as a distinguished graduate from the fighter wing's First Term Airman Center! Life saver guru is Airman 1st Class Matt Chambers who was selected to represent the wing at the Joint Service Joint Helmet Mounted Curing System conference at Nellis Air Force Base, Nev. He one of four life support techs in attendance. He single handedly gathered data on JHMCS issues from both F-16 squadrons and built his own



briefing. Airman Chambers presented his briefing to the members of this joint service meeting, including the lead engineer for the JHMCS program. He did a superb job of representing the wing and was complimented on his professionalism and knowledge.

52nd Maintenance Group

Rangers, Will Robinson! Senior Airman Dana Fernkas and Tech. Todd Rusack were selected as the Top Rangers for December 2005. The fastest gun in the west is below-the-zone selectee Airman 1st Class Brandon McClung, who completed two gun systems in one week ensuring the 100-percent gun pass rate. Life's a bowl of cherries for Staff Sgt. Tasha Pitts, who earned wing-level Information Management NCO of the Year nods. Don't mess with Bill ... William Miller diligently worked with the 52nd CES, local contractors and stateside manufacturers to resolve wheel and tire equipment wiring issues. He also saved the 52nd Equipment Maintenance Squadron about \$10,000 in shipping and repair costs.

CDC stars

The following individuals earned scores of 90 percent or higher on their career development course examinations: 52nd Aircraft Maintenance Squadron: Airman Eric Lane, 94; Senior Airmen Jason Mitchell and Matthew Spruit, 91. 52nd CES: Airman 1st Class Cory Richards, 93. 52nd Logistics Readiness Squadron: Senior Airman Jeffrey Campbell, 92; and Airmen 1st Class Kevin Neiferd, 94; and Michael Stitt, 95.

Kudos to all; Team Eifel salutes you!

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Eydie Sakura

Hometown news

Team Eifel members who have recently been promoted, reenlisted, received an award, retired or arrived at Spangdahlem Air Base should fill out a Hometown News Release, DD Form 2266. Forms are available by visiting <http://intranet.spangdahlem.af.mil/52fw/52fwagencies/PA/documents/dd2266.pdf>. Fax filled out and signed forms to the 52nd Fighter Wing Public Affairs Office at 452-5254, or drop the form off at the PA office, building 23, first floor. For more information, call the PA office at 452-6833 or check out Army and Air Force Hometown News Link at <http://hn.afnews.af.mil/>.



Top Saber Team

Unit name: 52nd Communication Squadron Land Mobile Radio Work Center

Unit responsibilities: The center manages the wing's command and control wireless communications devices.

Number of members: Five, including Master Sgt. James Bitting, Staff Sgt. Thomas Brawders, Dan Barbeau and Bernd Mummert. Airman 1st Class Steve McKee is not pictured.

How does the team fit into the 52nd FW mission? Center members work with base customers to implement safe and reliable communications for everyone from the commander, to maintainers on the flightline, to security forces protecting the base.

Team's other contributions through the year? The team manages more than 2,000 resources and systems to provide wide-area radio communications for Spangdahlem AB and Bitburg Annex. It also provides technical solutions for requests for personal wireless devices and manages the frequency approval for new equipment acquisitions. This year they managed the installation of a new communications system worth more than \$10 million.

Maintenance Airmen keep fighter jets ready to project superior combat air power

Story and photos by
Senior Airman Amaani Lyle
52nd Fighter Wing Public Affairs Office

Ever wonder what all those numbers beneath the wing commander's photo mean on the View-point page of the *Eifel Times*?

The numbers are part of the Flying Hour Program and indicate the wing's monthly goals for flying hours and training flights, known as sorties. However, the "Sortie Scoreboard," while informative, is too small to reflect the hundreds of people who work behind the scenes to make sure the wing meets its goals by keeping its fighter jets safe, reliable and in the air.

"Everything we do here is based on the (FHP)," said Master Sgt. Cordell Hardge, 22nd Aircraft Maintenance Unit production superintendent. "Our work is critical to the planes meeting their sortie goals consistently."

As part of a "split shift," Sergeant McNeill, 22nd AMU production superintendent said he interacts closely with both day and night shift troops to ensure the unit's F-16 *Falcons* are not only fit for night flying, but also ready for the next day's taskings.

"You can never predict what's going to happen on any given day here," Sergeant McNeill said. "No matter what occurs, we are the focal point for keeping our planes in the air, all the while balancing safety, training and communication."

Upon arrival to duty, each "pro-super" looks over a close-hold printed flying schedule as well as a list that describes the status of each

jet in the unit's 20-plus fleet. Sergeant McNeill said it may be a good thing that the list is filled with operations shorthand, as this helps encrypt the status and configuration of the jets to potentially prying eyes.

After receiving their tools and time compliance technical orders, or what needs to be done on a plane and when, supervisory flight-line troops known as expeditors take a paddy wagon filled with Airmen to hardened aircraft shelters along the runway. There, the Airmen will work through the night to inspect, repair and protect the more than \$20 million assigned jets for which they're each in one way or another responsible.

To say this job can get dirty is an understatement. Think about the way a neighborhood auto mechanic looks and add a couple more layers of grime.

Along the flightline dozens of Airmen with evidence of their hard work embedded beneath their fingernails inspect their assigned jets to survey the night's work.

"I'll be climbing into the intake of this jet to check for burn-throughs, holes, missing parts or metal splatter, then I'll get to work



Airman 1st Class Brian Aaron, 52nd Aircraft Maintenance Squadron, 22nd AMU crew chief, inspects the wheel well of an F-16 *Falcon* during his shift Tuesday night. Each F-16 aircraft carries a hefty price tag of about \$27 million, so meticulous maintenance is crucial.



Tech. Sgt. Anthony Yancey, 52nd AMXS, 22nd AMU assistant flight chief, shows an example of a relatively large piece of foreign object debris found on the flightline here. When 22nd AMU Airmen discover FOD -- anything from candy wrappers to packets of mayonnaise or even tiny parts of the jet itself -- they get a coin from the squadron commander, a day off and display of their "find" on the FOD board.

to repair it," said 22nd AMU Crew Chief Staff Sgt. Christopher Fox, who donned a thin, grubby but protective yellow intake suit with matching booties.

"When a jet lands here, and depending on what's wrong with it, I usually need to fix the problem



(Left) Staff Sgt. Christopher Fox, 22nd AMU crew chief, dons an intake suit and cold weather gear during his shift Tuesday night. The suit will protect him when he climbs into the intake of an F-16 aircraft as he searches for burns, holes, missing parts, metal splatter or any other hazards that may have occurred during the aircraft's flight.

hour shift can easily become 12 or 14 hours if the jet needs more maintenance."

While temperatures well below freezing can motivate even the most diligent worker, Sergeant McNeill stressed that nobody in the unit moves so fast that they overlook safety.

"Safety and training are very central to what we do," Sergeant McNeill said. "If it takes three days to fix a broken jet, we'll take all three days to do it to make sure the job is done right."

Talk about a midnight snack!

Jet Blast Dining Facility serves up hot, fresh meals geared toward hungry flightline workers

Story and photo by
Senior Airman Amaani Lyle
52nd Fighter Wing Public Affairs Office

A sign next to the 52nd Services Squadron's Jet Blast Dining Facility doorway reads: "Maximum seating capacity: 53"

When asked how many people 52nd SVS swing shift leader Senior Airman Shaquana Roberts has seen dining in the moderately sized vittles depot, she confidently replied, "53."

Perhaps it is the convenience of being able to eat breakfast or dinner at a place nestled just off the flightline that packs the place around midnight. Or maybe the food is just tasty. Either way, Airman Roberts, said she has memorized dozens of recipes to help fight shift workers' hunger pangs, whether she has a full house or merely a few guests.

Airman Roberts has one to two people to help her prepare and serve the average of 30 meals per shift, but it seems she rules the roost as team's leader. The three-striper said she doesn't mind the additional responsibility of being in charge,

since, for her, it is a little less stressful than her first Air Force job.

"I was an air traffic controller before this and I definitely like being in the dining facility better," Airman Roberts said.

Airman Roberts explained that there are about 10 jobs in the Air Force that are classified as direct duty where people can cross train into them using on-the-job training in place of formal technical school.

Services is one such direct-duty career field, and Airman Roberts said she looks forward to OJT in the many other aspects of the services squadron.

For now, Airman Roberts said the only inconvenience in her job occurs when the Jet Blast runs out of "tiger sauce," a sweet and sour spicy sauce that her customers will raise a fuss about if it is unavailable.

"I make sure to keep plenty on hand when I'm here," Airman Roberts said with a laugh.



Senior Airman Shaquana Roberts, 52nd Services Squadron shift leader, serves some fresh potato wedges up for customers Tuesday night. Airman Roberts has been on station for about eight months and is trying to adjust to the Eifel chill since she arrived from Shaw Air Force Base, N.C.

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
Capt. Mike Cumberworth.....PA deputy
Tech. Sgt. Pamela Anderson.....PA NCOIC
Senior Airman Amaani Lyle.....Staff writer
Senior Airman Eydie Sakura.....Editor
Iris Reiff.....Leisure writer

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Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general interest
will be published in the *Eifel
Times* and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■ DirectLine@spangdahlem.
af.mil

■ Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■ To PA in building 23.

■ Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

January
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	258	86	-75
23FS	290	80	-99
81FS	254	139	-11

*Delta is contract vs. sorties flown to date.

Through Jan. 22

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

Jan. 27, 2006

Page 5

Nighttime Ops

Flightline safety is a 24-hour operation

By Lt. Col. Mark Fluker
52nd Aircraft Maintenance Squadron
commander

If you've ever seen CNN or read
the Air Force magazine you know
U.S. forces own the night. To be
as good as we are we have to practice.

It's winter time in the Eifel ... for
the operations and maintenance com-
munities that can only mean one thing.
Night flying.

The good news is nighttime comes
early this time of year. The bad news
is bad weather tends to be the norm. If
you've had the opportunity to drive a
car over the last few weeks, you know
it's dangerous just getting around. The
flightline is no exception. In fact it's
downright treacherous. The roads are
just as slick and the visibility is just as
limited.

Airplanes, snowplows, fuel trucks,

jammers and people all share the same
taxiway. The lighting is exceptionally
disorienting with blue taxiway lights,
hardened aircraft shelter lights, vehicle
lights, aircraft taxi lights, aircraft posi-
tion lights and strobe lights. With all
those lights it's hard to believe it's
dark out there, but it is.

There a few things we can do to
help ourselves be a little safer on the
flightline.

♦ Wear your reflective belt. If it is
an old cloth one or just plane dirty, get
one of the new disco belts. If you're
wearing a backpack, put the belt over
the backpack.

♦ Make sure the toolbox or aero-
space ground equipment you are using
has reflective tape and plenty of it.

♦ Follow the speed limits. 15 MPH
is the MAXIMUM speed for general
purpose vehicles.

♦ Remember aircraft have the
right of way.

♦ Keep your headlights out of the
pilot's eyes. It ruins their night vision
and the curved canopies seem to just
magnify the light and make it bounce
around in the cockpit. That may mean
turning your headlights off and just
using your parking lights.

♦ Follow the counterclockwise
traffic pattern unless you are in close
proximity to an aircraft, then keep
the driver's side to the aircraft.

♦ If you stop your vehicle, turn
your headlights off, but keep your
flashers on. The only exception is a
designated parking area.

♦ Keep equipment and vehicles
behind the white wingtip clearance
lines.

♦ When in doubt use a spotter or
wing walker.

♦ If you aren't familiar with the
flightline, nighttime is NOT the time
to learn. Find someone who is familiar
with it and stick close to them.

♦ It's cold and flu season. If
you're sick or drowsy from medica-
tions, notify your supervisor. We
may need to team you up with some-
one, use you someplace off the line,
or we may need to send you home
for the evening in an effort to speed
your recovery.

♦ Keep your head up and on a
swivel.

♦ Finally, if you see something
dangerous fix it. If you can't fix it,
elevate it up your chain of command.

We have to practice our skills to
be proficient, but there is no training
sortie worth injuring someone or
tearing up a piece of equipment.
Please be safe.

Commentary

Air Force changes: The future of security forces in combat

By Col. Brad Spacy
U.S. Air Force Headquarters Security Forces
and Force Protection

WASHINGTON -- In the early morning hours
of Jan. 1, 2005, the first combat patrols of
Operation Desert Safeside left the northern
perimeter of Balad Air Base, Iraq, and began an
aggressive 60-day combat operation to kill or cap-
ture insurgents attacking the air base. This was a
historic mission for Air Force security forces. It
was bold, put Airmen at risk and the stakes were
high. We knew the results of Operations Desert
Safeside would have far-reaching implications on
the future of Air Force security forces as a credible
ground combat force.

Operation Desert Safeside was carried out by
the men and women of Task Force 1041. Specially
built around a squadron of the 820th Security
Forces Group, TF 1041 was led by a young securi-
ty forces lieutenant colonel named Chris Bargery,
chosen for his reputation as an innovative combat
leader. TF 1041's designated area of operations
was one of the most violent areas in the region,
roughly 10 kilometers wide and six deep, from the
Balad perimeter fence to the Tigris River.

Throughout January and February 2005,
Colonel Bargery led the men and women of TF
1041 in more than 500 combat missions that
included raids, ambushes, and sniper operations
aimed at taking back the initiative enjoyed by the
enemy for more than two years.

TF 1041 did not disappoint. In just 60 days
they captured 17 high-value targets, eight major
weapons caches, 98 other insurgents and reduced
enemy attacks from their area of operations to
nearly zero. And although TF 1041 endured
numerous firefights, improvised explosive devices
and indirect fire attacks, they sustained no injuries.
Operation Desert Safeside was by all accounts an
overwhelming success.

However, TF 1041's success on the battlefield

had a larger effect than its immediate impact on the
areas around Balad AB. TF 1041 also showed the
world that Air Force security forces are an excep-
tionally capable ground combat force. This is a key
point as security forces transform from a Cold War
industrial security force to a relevant ground combat
force for the joint warfight in the 21st Century.

Although security forces have claimed the
base defense mission since the 1960s, it has
always been considered an Army responsibility. In
1985, this was formalized
when the Army became
officially responsible
for defense "outside
the wire" of a fixed
base. It was an unwrit-
ten understanding that
Air Force security
forces would stay
inside the base perime-
ter. This looked fine on
paper, but faced numer-
ous challenges in application, which endured
through the Cold War and into the 1990s.

During Operation Desert Storm, the lines of
battle were fairly well defined with major combat
at the "front" and air bases supposedly tucked
safely in the rear area. The first widely publicized
indications that the enemy was changing tactics
was seen during the attack on Khobar Towers, but
the full impact of these changes weren't fully
exposed until operations Enduring Freedom and
Iraqi Freedom.

In combat operations in Afghanistan and Iraq
our bases are not always in the rear and the enemy
has attacked us from all sides with relative
impunity, just like at Balad AB. The world in
which we conduct Air Force operations is chang-
ing, and we need to adapt.

Early last year, when previous Air Force/Army
agreements were dissolved, the Air Force was left

with a tough problem; while security forces are
eager to fight outside the wire, most are untested in
the combat environment experienced by TF 1041.

Security Forces Transformation will help the Air
Force deliberately embrace the air base defense
mission by addressing requirements in all areas,
from doctrine to training and equipping, and even
leadership preparation. Security Forces
Transformation will also re-tool the organizational
structure to ensure we have the number of troops
available to take the fight to the enemy outside the

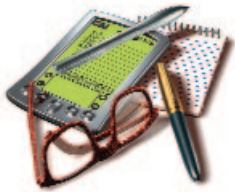
wire. However, air base
defense is a tough mis-
sion, and security forces
can't do it alone.
Effective air base
defense requires an inte-
grated approach.

The Air Force needs
to truly embrace the
"every Airman is a war-
rior" culture and enlist

the whole force in defending an air base much like
Sailors do an aircraft carrier in the Navy. All
Airmen must be trained and equipped to man "bat-
tle stations," and leaders must be prepared to lead
them in the ground fight. Security forces might be
the ones outside the wire, but the whole Air Force
team will have to ensure the base remains protect-
ed from penetrative attacks and insider threats, and
be ready to respond when called upon. This is the
reality of the world today.

I knew when I designed Operation Desert
Safeside that the only way to stop the enemy from
attacking our air bases was to go out and kill or
capture him and take his weapons. I knew that
security forces had the skills and courage to take
on this mission and make it a success. Operation
Desert Safeside provides a look at the future of Air
Force ground combat, and Security Forces
Transformation is the key to ensuring we're all
ready to protect and defend.

**Security Forces Transformation
will help the Air Force deliberately
embrace the air base defense mis-
sion by addressing requirements in
all areas, from doctrine to training
and equipping, and even leadership
preparation.**



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Volunteers wanted

The community relations and public affairs offices need volunteers for this year's Explore the Eifel in July and other upcoming base and community events. Duties include translating, escorting or administrative support. For details, call Bernhard Schaefer at 452-7161 or 452-6434, or send an e-mail to 52fw.pa@spangdahlem.af.mil or 52fw.cra@spangdahlem.af.mil.

Saber Sweethearts

Send a Valentine's Day message to that special someone. E-mail 30-45 words to publicity@spangdahlem.af.mil and type "Saber Sweetheart" in the subject line and the Eifel Times will print your love letter in the Feb. 10 edition. The deadline is Feb. 1.

Airman's Attic

The Spangdahlem AB Airman's Attic, located in building 408A, is open each Monday-Wednesday from 9 a.m. to 3 p.m. and each Thursday from 9 a.m. to 4 p.m. Call 452-2244 for more information.

Valentine's bazaar

Vendors sell gifts of romance Feb. 13-14 from 11 a.m. to 7 p.m. at the Bitburg Annex Main Exchange Valentine's bazaar.

Give Parents a Break

The Bitburg Annex Child Development Center offer free weekend child care for enrolled families, commitments of the Air Force Aid Society, Feb. 24 from 6:30-11:30 p.m.

Tejano band performs

The USO and Air Force Entertainment present La Mafia, Sunday at 7 p.m. at the Brick House. The Tejano band is one of Latin music's most versatile and influential bands, best known for its unique "norteno sound." They also just won the 2005 Latin Grammy for best group album. The show is free, but tickets must be picked up at the community center by today. For details, call the community center at 452-7381.

Breastfeeding support group

A breastfeeding support group meets the last Tuesday of each month from noon to 1 p.m. in the WIC-Overseas office at Bitburg Annex building 2002. Children are welcome to join their mothers, and people are advised to bring a lunch. The first meeting starts Jan. 31. For details, call Erin Locke at 452-9093.

Entertainers needed

The community relations office needs talented people who want to get involved with the community. They need bands or individual musicians, bagpipers, saxophone players, medieval groups or associations, cheerleaders, country western groups, pantomime performers, clowns, magicians, jugglers, or any dance group. Call Bernhard Schaefer at 452-7161 or 452-6434, or e-mail him at 52fw.cra@spangdahlem.af.mil.

AA meetings

Alcoholics Anonymous meets Tuesdays and Fridays at 7:30 p.m. at Bitburg Annex, building 2015. A newcomers meeting begins at 6 p.m. Wednesdays. Call 01803-224357 (AAHELP) or e-mail bitburg@aa-europe.net.

Al-Anon meetings

Does someone's drinking bother you? Try Al-Anon. They meet Sundays at 6 p.m. at Bitburg Annex, building 2015. For more information, call 06562-974257.

MOS spouses dinner

The 52nd Maintenance Operations Squadron spouse's dinner takes place Tuesday from 6-8 p.m. at the Thai Orchidee restaurant on the B-50. This meet-and-greet dinner is for all spouses of the 52nd MOS. For details, call Bobbi Hess at 06565-934388 or e-mail bobbipeacock@hotmail.com.

SMS news

School officials seek wing members to share information about their occupation with 7th and 8th graders Feb. 3 from 1:15-2:30 p.m. E-mail

sennie.smith@eu.dodea.edu or call 452-7276 for more information.

BHS news

♦ BHS students seek tutors in all subjects during school hours and after hours. E-mail fran.laakman@eu.dodea.edu or call Sharon Krol at 06565-619202 for more information.

♦ A booster club meeting takes place Monday at 6:30 p.m. in the cafetorium. The Boosters support arts, academics and athletic clubs and programs at the school.

Online research class

Take part in the library's online research class Feb. 23 at 6 p.m. in the education center's computer room, building 192. The class shows people how to use the library's online databases and find the information needed for research. For details, call Raquel Santos at 452-9056.

Brick House news

Call Kim McElfresh at 452-7381 for details on the following activities.

♦ Tasty Tuesdays take place through January from 6-8 p.m. The event features homemade meals and various tournaments for \$6 per person.

♦ A Pool Shark tournament takes place Saturday from 11 a.m. to 3 p.m. The winner goes on to play at the RAF Lakenheath tourney.

Scholarship info

The Defense Commissary Agency and the Fischer House Foundation accept applications now through Feb. 22 for education scholarships for children of military families and retirees. Applications and details are available at www.militaryscholar.org.

Thrift shop

The Spangdahlem Spouses and Enlisted Members Club thrift shop is located in Spangdahlem housing, building 410, basement A. It is open 11 a.m. to 5 p.m. Tuesdays through Thursdays for sales and consignments.

Tea for Two

Eifel community women are invited to the Protestant Women of the Chapel's "Tea for Two" Jan. 28 from 10 a.m. to noon at the Spangdahlem AB chapel, building 135. All women are invited and encouraged to bring a friend to share snacks, hear inspiring messages and expand their creativity with journal making. For details, call the chapel at 452-6711.



National Prayer luncheon

The National Prayer luncheon has been a presidential tradition since 1952. This year's event takes place Feb. 9 at 11:30 a.m. at Club Eifel. The guest speaker is Chaplain (Brig. Gen.) Cecil Richardson, USAF headquarters deputy chief of the chaplain service, speaking about: "So Help Me God," based on the oath military members take. Tickets are \$6 and can be purchased through first sergeants, Tier II members or the base chapel. For more information, call the chapel at 452-6711.

What's happening at Club Eifel?



Monday Margarita Night!

\$1.00 Margarita specials, plus buy one salad and get one-half off a second salad of equal or lesser value.



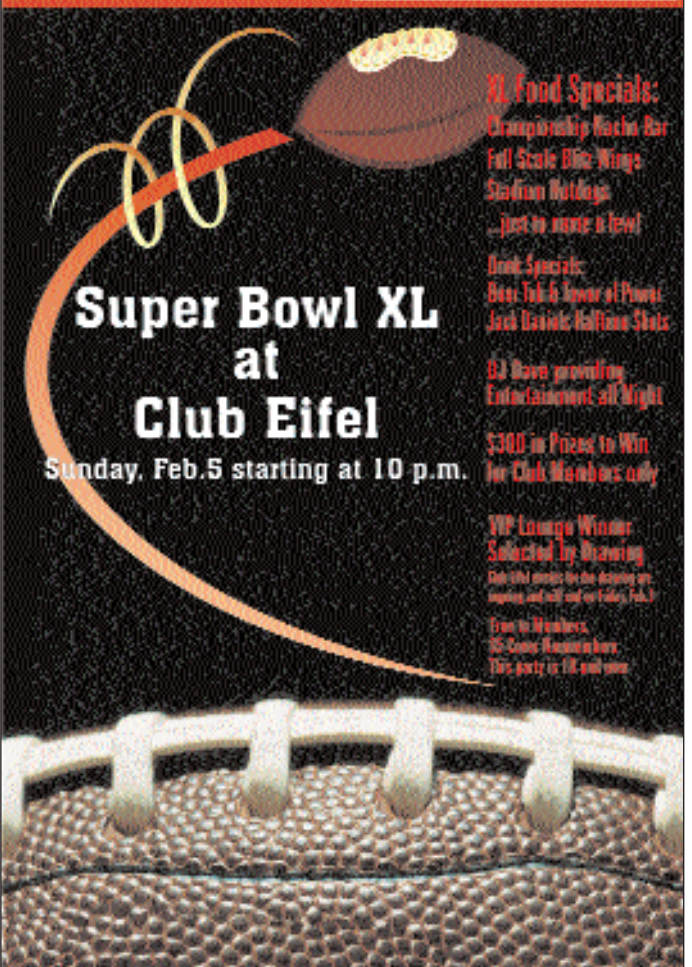
2-4-Tuesday Appetizers!

All of our delicious appetizers are buy one and get one free of equal or lesser value.

Wednesday Night Pizza and Wings!

Order a large two-topping pizza and pitcher of soda or domestic beer for \$10.00. Add an order of chicken wings in any Rockers' style for just \$5 more for a real treat!





Super Bowl XL at Club Eifel

Sunday, Feb. 5 starting at 10 p.m.

XL Food Specials:
Championship Nacho Bar
Full Scale Blue Wings
Stadium Holdings
...just to name a few!

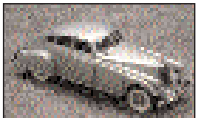
Drink Specials:
Beer, Tab & Power of Power
Jack Daniels Half Price State

BJ Dave providing Entertainment all Night

\$300 in Prizes to Win for Club Members only

VIP Lounge Winner Selected by Drawing
Don't miss this chance to win a drawing prize, including a full night of fun, Feb. 5

Free to Members
25-Cent Membership
This party is for you!



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Movies

The following movie listings are for today through Feb. 2. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Yours, Mine and Ours (PG, 7 p.m.)

A widowed Coast Guard Admiral and a widowed handbag designer fall in love and marry, much to the dismay of her 10 and his eight children.

King Kong (PG-13, 9:30 p.m.)

In 1933 New York, an overly ambitious movie producer coerces his cast and hired ship crew to travel to mysterious Skull Island, where they encounter Kong, a giant ape who is immediately smitten with leading lady Ann Darrow.

Saturday

Yours, Mine and Ours (7 p.m.)

Prime (PG-13, 9:30 p.m.)

A career-driven professional woman from Manhattan is wooed by a young painter, who also happens to be the son of her psychoanalyst.

Sunday

Prime (4 p.m.)

King Kong (7 p.m.)

Monday

Get Rich or Die Tryin' (R, 7 p.m.)

This is a tale of an inner-city drug dealer who turns away from crime to pursue his passion, rap music.

Tuesday

King Kong (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

The Chronicles of Narnia: The Lion, The Witch and The Wardrobe (PG, 7 p.m.)

Four children travel through a wardrobe to the land of Narnia and learn of their destiny to free it with the guidance of a lion messiah.

Jarhead (R, 9:30 p.m.)

The film is based on former Marine Anthony Swofford's best-selling 2003 book about his pre-Desert Storm experiences in Saudi Arabia and his experiences fighting in Kuwait.

Saturday

The Legend of Zorro (PG, 7 p.m.)

Despite trying to keep his swashbuckling to a minimum, a threat to California's pending statehood causes the adventure-loving Alejandro de la Vega and his wife, Elena, to take action.

The Chronicles of Narnia (9:30 p.m.)

Sunday

Chicken Little (G, 4 p.m.)

After ruining his reputation with the town, a courageous chicken must come to the rescue of his fellow citizens when aliens start an invasion.

The Chronicles of Narnia (7 p.m.)

Closed Monday and Tuesday

Wednesday

The Chronicles of Narnia (7 p.m.)

Thursday

The Legend of Zorro (7 p.m.)

Fasching follies

Base civilian accepts royal honor

By Iris Reiff

52nd Fighter Wing Public Affairs Office

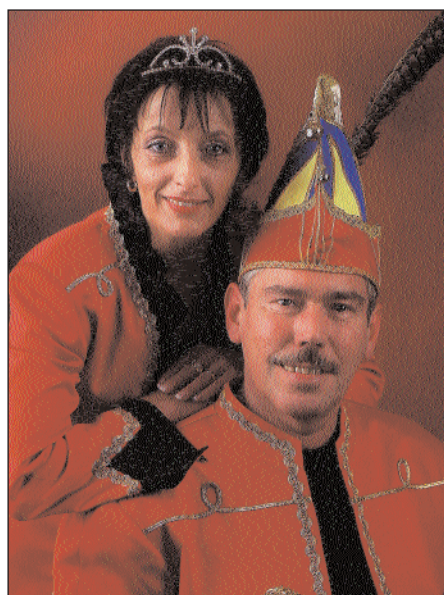
It may be a tough job playing the "Prince of Fools," but Team Eifel's own Ralf Lenertz has agreed to take on the title this year for the town of Bitburg.

The 52nd Logistics Readiness Squadron local national transportation clerk will serve as the head of Fasching Fools throughout Germany's version of Mardi Gras celebrations this year. His wife Christel will serve at his side as princess.

Most towns in the Eifel area have a prince and princess and their own dances and festivities for Fasching. Events usually take place in a public spot, such as a community hall or guesthouse, and the prince and princess are there to rule the roost. The motto for the 2006 Bitburg Fasching is Viva Espana.

"Last May the president of the Bitburg Fasching Club, 'Freunde der Buett,' Matthias Jegen asked me and my wife if we were interested in being the prince and princess. We immediately agreed since we love Fasching," Ralf said.

For many years the Lenertz' have been involved with organizing Fasching events on behalf of the association, according to Ralf. Christel was always in



Courtesy photo

Princess Christel the First and Prince Ralf in their traditional royal Fasching garments.

charge of painting the themes onto the association's parade wagon.

A new prince and princess are elected every year to reign the fools. A proclamation ceremony took place Saturday at the Bitburg Youth House, where "Ralf and Christel the First" were officially introduced as the new royal couple.

The old prince and princess passed off the crown to princess Christel, and

the new prince received the scepter and royal feathers for his hat.

The next few weeks will be quite busy for the couple. From now until Ash Wednesday, which takes place March 1 this year, Bitburg's prince and princess will represent the community at numerous Fasching functions throughout the area. "Weiberfastnacht" or "Lady's Fasching Day," is one such special day.

The new prince and princess will spend the day with the town women, visiting local schools and elderly folks homes. The highlight of the day is when the town's women storm the local Rathaus and take temporary charge of the city.

Although the Lenertz' said they enjoy all the perks that come with being "royalty," they do come at a price. The fasching club foots the bill for the couple's royal garb and most necessities, such as the goodies they toss to the audience during parades and Fasching balls, but travel expenses and gifts cost out of pocket. It's worth it though, because the role is so much fun, said Ralf.

Team Eifel families can see the prince and princess at the Bitburg parade Feb. 26. The floats begin parading through the inner city at 2:11 p.m.

Out and About

Work the night shift? Here are some daytime activities to enjoy in the Eifel.

♦ Fasching friends can sign up now to participate in the annual Bitburg Fasching parade Feb. 26 at 2:11 p.m. For more information, call Melanie Lenertz-Alex at 0176-22044910.

♦ If you wish to spend a day relaxing, getting a massage, laying in a hot pack, swimming in a thermal bath or walking through beautiful scenery, check out the resort of Bad Bertrich, located about 40 minutes from the base. For details, go to www.bad-bertrich.de or www.bad-bertrich.de/kur-e.htm.

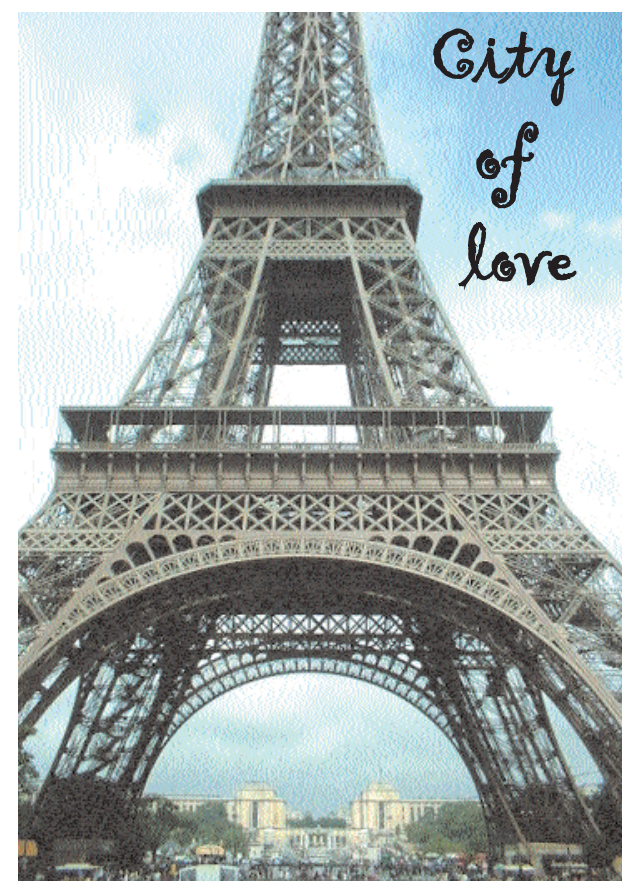
♦ Tour the Bitburg Pilz factory. Visitors get to sample the beer and learn how it is processed. Guided tours are Mondays through Thursdays by appointment. Call 06561-142497 for details or to set up a tour.

♦ Take a 1.5-mile trail through Koenigswaldchen, the King's Forest. Visit 11 interactive stations. The forest is located north of Bitburg on the L32. Call 06561-4813 for more information.

♦ Visit Himmerod Abbey, an 11th century monastery, located 15 minutes away from the base. Go out the main gate and take A-60 toward Wittlich.

♦ Villa Oetrang, a Roman villa has one of the best preserved mosaics north of the Alps. It is closed Mondays. It is about 15 minutes away near Fließem. Take the B-50 or Autobahn to Bitburg and then to Erdorf. Before the bridge, take a left. Call 0180-5221360 for details.

♦ Enjoy go-carting in Bitburg. Go to the old Bitburg Flugplatz and follow the signs to the Kartbahn tracks. For more information, call 06561-942000 or go to www.kartbahn-bitburg.de. The tracks are open Monday through Friday from 3-11 p.m.; Saturday from 1-11 p.m., and Sunday from 11 a.m. to 11 p.m.



Gary Sakura

The Eiffel Tower, built in 1889 is the most famous and visited landmark in Paris. See the 324-meter structure Feb. 11 with the base Information, Tickets and Travel Office's Express trip to Paris for Valentine's Day. The cost is \$109 per person and \$99 for children ages 3-12.

ITT also offers trips to Amsterdam Feb. 11; one overnight for Carnevale in Venice Feb. 17-19; dinner and wine tasting Feb. 18; Payless tour to Brugge, Belgium, Feb. 18; Carnevale Express to Venice Feb. 24-25; Dresden Express Feb. 24-25; and Rose Monday, the Carnevale parade in Cologne Feb. 27. For details, call ITT at 452-6567 or send an e-mail to 52svs.itt@spangdahlem.af.mil. ITT is located in the lower level of building 124.

Sports Briefs

Powerlifting team

People interested in joining a powerlifting team to compete in the 2006 U.S. Forces European championship Feb. 11 at Landstuhl should call Ed Marshall or Juergen Stockemer at 452-6634.

Varsity volleyball

Tryouts for the varsity volleyball team take place Sunday from noon to 2 p.m. with open play from 2-5 p.m. For more information, call the fitness center at 452-6634.

Rugby players wanted

The Trier/Spangdahlem Men's and Women's Rugby Club needs motivated people to play rugby. No experience is required as team members will teach the game at training. Training takes place Tuesdays and Thursdays from 8:30-10:30 p.m. in Trier. For details, call Senior Airman Raymond Pantaleo at 01714-158532, e-mail him on the global, or visit the team's Web site at www.rugby-trier.de.

Tai Chi

Tai Chi classes take place each Monday and Wednesday from noon to 1 p.m. in the health and wellness center, building 131, and each Tuesday and Thursday from 6-7:30 p.m. in the Bitburg Annex gym, building 2013.

Fitness advisory council meeting

The quarterly Fitness Sports and Advisory Council meeting takes place Wednesday at 3 p.m. in the Skelton Memorial Fitness Center conference room. For more information, call Mark Warner at 452-6634.

Powerlifting championship

Weightlifters are invited to participate in the 2006 U.S. Forces Europe Powerlifting Championships Feb. 11 at the Landstuhl Gymnasium in Kaiserslautern. People can enter individually or as part of a team. The registration deadline is Feb. 7 at 9 a.m. For details, call Mark Warner at 452-6634.

February fitness events

- ♦ The American Heart/Valentines 5K fun run/walk takes place Feb. 14 at noon at the Skelton Memorial Fitness Center. The route is along Perimeter Road and there is no time limit. Parents can bring their children and dogs.

- ♦ Burn major calories with three hours of spinning during a Spinathon Feb. 25 at 10 a.m. in the Skelton Memorial Fitness Center. The event features three instructors, but participants do not have to do all three hours. They can also sign up for one or two hours. Call the Skelton Memorial Fitness Center at 452-6334 for to register.

USAFE sports officials needed

USAFE sports needs new and experienced officials who are interested in officiating the USAFE small unit basketball championships March 5-11 at Vogelweh; the basketball championships March 19-25 at Spangdahlem; the volleyball championships May 14-20 at Alconbury, England; the small unit softball championships Aug. 6-12 at Fairford, England; the softball championships Aug. 13-19 at Lakenheath, England; and the soccer championships Oct. 15-21 at Ramstein. People interested can submit an AF Form 303 to the USAFE Sports office four weeks prior to the event. Game fees, transportation and lodging are provided. For more information, call Mark Warner at 452-6634.

Volleyball clinic

People interested in officiating upcoming volleyball games should attend a volleyball clinic Tuesday at 5:30 p.m. in the fitness center conference room. For details, call Chief Master Sgt. Steven Gardner at 452-5049.

HAWC's 'healthy weight' takes shape for Sabers

By Staff Sgt. Ernesto Otero
52nd Aerospace Medicine Squadron
nutrition technician

In the upcoming calendar year, the Air Force will recognize numerous health observances. One issue that comes to mind and that has a direct impact on our active-duty Saber members and the Eifel community is how to achieve and maintain a "healthy weight."

For the past two months, people have been faced with every culinary temptation imaginable. During the holidays it is not unusual for people to gain two to 10 pounds. After ending 2005 with a bang, it is time to refocus on "you" and what you can do to work toward a healthy weight.

One question often asked is, "How can I maintain a healthy weight?" The answer is not as complicated as people might think. It's called preventive maintenance. Think of the body as a vehicle. This vehicle requires preventive maintenance throughout the year: oil changes, rotating tires, fluid levels and most importantly fuel.

Miraculously, the body is similar to a vehicle with organs, bones and muscles that enable people to function as an awesome piece of machinery.

Consuming high-saturated-fat, high-sugar and high-sodium foods is not good body maintenance. Indulging in these types of foods increases weight gain, the risk of abnormal cholesterol, hypertension and diabetes; all of which can compromise various organs in the body.

Keep in mind there is no such thing as "bad food" or "good food." What gets people in trouble is the lack of moderation and portion control. Making bad food choices and being inactive can lead to a diseased, malfunctioning body just as failing to upkeep maintenance with the car can lead to a vehicle that will not operate properly.

The old adage, "You are what you eat," is a phrase heard many times, but believe it or not you are a reflection of how you take care of yourself. It is all about preventive maintenance.

People can start taking care of themselves by doing the following preventive maintenance to achieve and maintain a "healthy weight."

- ♦ Honesty – be true to yourself; learn from your nutrition and exercise mistakes

- ♦ Exercise – at least 3-4 times per week for 30 minutes minimum

- ♦ Attitude – nothing comes easy, but a positive attitude can work wonders

- ♦ Lifestyle – fad diets and magic pills = short-term results

- ♦ Time – forecasting meals can reduce time spent in the kitchen

- ♦ Habits – regular exercise and healthy food choices

- ♦ You – lifestyle changes starts with your commitment and dedication

- ♦ Waist Circumference – a component of fitness and a measurement of risk factors

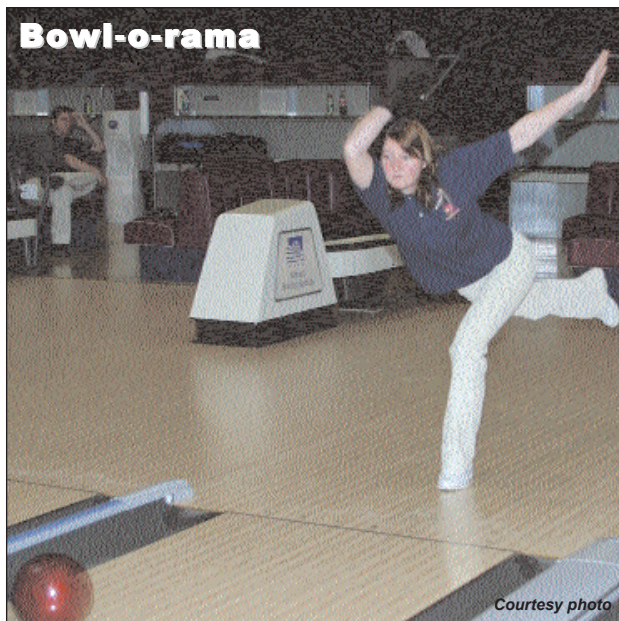
- ♦ Energy – balance food management, sleep and exercise

- ♦ Individualize – tailor a plan to fit your nutritional & fitness needs

- ♦ Goals – use specific and realistic short-, mid- and long-term goals to be successful

- ♦ Hunger – eat five to six small meals throughout the day

- ♦ Trigger for eating – reduce stress



Congratulations to Staff Sgt. Kirsten Elmore from NATO Air Base, Geilenkirchen, who won the individual gold medal at the Air Force Women's 2006 Armed Forces Bowling Championship Jan. 8-13 in Reno, Nev. Sergeant Elmore won the coveted title with 4,605 total pins. The Air Force Women's Team won the overall championship, winning by more than 900 pins. Final results for the women were Air Force 17,631 pins, Army 16,716, Marine Corps 16,590, and Navy 16,046 total pins.

Congratulations ...

Airman 1st Class Timothy Jones from the 52nd Civil Engineer Squadron was chosen as one of eight USAFE wrestlers selected to attend the 2006 All Air Force Wrestling Trial and Training camp in Colorado Springs, Colo., February through March.

Way to go Airman Jones!

Heads up!

Indoor soccer and volleyball games are projected to begin play in early March.

E-mail your team's intent to play to

Ed Marshall at

edward.marshall@spangdahlem.af.mil.

A coaches volleyball meeting takes place Feb. 8 and a soccer meeting takes place Feb. 9. Both meetings begin at 3 p.m. at the Skelton Memorial Fitness Center.

Scoreboard

The following is a list of scores from intramural basketball games held at the Skelton Memorial Fitness Center. Game times are every Monday through Thursday from 5:30-8:30 p.m.

Jan. 17

52 EMS	55	52 CS	46
52 CMS	48	52 EMS 2	39
52 MDG	58	726 AMS	40
52 CES	67	606 ACS	42

Jan. 18

52 OSS	49	52 CPTS	35
52 CMS	63	606 ACS	43
52 MDG	45	52 CS	42

The following is the result from the 2006 community basketball game held Saturday.

Spangdahlem Sabers	90
SHAPE Spartans	79